

Spout Spring

Spout Spring, March 19. J. E. Chick, who has been sick, is improving.

Mrs. Andrew Collins has returned to her home in New York after spending several days with relatives here.

Mr. and Mrs. J. A. Martin and children visited her mother, Mrs. Tom Harris last Sunday.

E. W. Harris, who was injured in an automobile accident recently, is able to be out again.

Visitors in the home of Mr. and Mrs. O. J. Webb Sunday were: Mr. and Mrs. N. J. Webb and son, of Lynchburg; Mr. and Mrs. J. C. Lee and children, of Buckingham; and Ella and Swink Webb, of Newport News.

Mr. and Mrs. R. O. McGuffin spent Sunday with relatives at Bridge water, Va.

Private John D. Johnston, Jr., of Fort Meade, Md., spent the weekend at his home here.

Mrs. D. W. Woodbridge, of Cambridge, visited her sister, Mrs. W. E. Layne, Sunday.

Miss Vernelle Almond, Mae E. Webb and Lucille Moon spent Tuesday night with Mrs. Wesley Martin.

Hixburg

Hixburg, March 18. The regular and special W. M. U. meetings were held Wednesday afternoon, at which time an offering was taken for home missions.

Mr. and Mrs. N. S. Toppin are spending some time with Mrs. R. E. Young.

J. R. Marshall and Mrs. C. B. Carson were in Farmville Wednesday.

H. L. Serris, of Petersburg, was home several days last week to take an examination for the Army.

Mrs. H. M. Marshall and son and Mrs. J. T. Hix were business visitors in Lynchburg Thursday.

Lambert Carson has the measles.

Mr. and Mrs. H. E. Gilliam, of Lynchburg, visited relatives here Wednesday night. They brought Mrs. E. F. Sears, who had been in Lynchburg for several days.

Dickie Fore, who has been sick for several weeks, is back in school.

A good crowd attended the three one-act plays given at the Pamplin high school last Thursday night.

Mr. and Mrs. Wilson Hix and family and Mrs. J. T. Hix and daughters spent Sunday with Rev. and Mrs. S. G. Harwood, at Victoria.

Mr. and Mrs. J. R. Marshall and son and Mrs. C. B. Carson and son visited in the Singleton home, Darrington Heights, Sunday afternoon.

British wars that German ships may prey on American shipping.

"Build-Up" Good News For Suffering Women

Much of women's periodic distress may be unnecessary! Many who suffer from headaches, nervousness, cramp-like pain, other symptoms of functional disorders due to malnutrition are helped by CARDUI.

Main body of text describing the benefits of CARDUI for women's health.

Others find help for periodic discomfort this way: Start a few days before and take CARDUI until the "cramp" has passed. Women have used CARDUI more than 50 years.

You Must Have Vitamins A and D

You must have Vitamin A as an aid in protection against infections which are more likely to occur in the nose, throat, eyes, ears and sinuses, when there is a deficiency of this vitamin.

You need Vitamin D to help the body make proper use of the calcium and phosphorus in your diet.

If you are not getting enough of these two important vitamins, A PENNY A DAY will insure adequate intake, if you take

ONE A DAY

30 tablets 35¢ 90 tablets 85¢ 180 tablets \$1.50

200 tablets \$1.75

250 tablets \$2.00

300 tablets \$2.25

350 tablets \$2.50

400 tablets \$2.75

450 tablets \$3.00

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